

Colonoscopy Prep

Pickup at the Pharmacy/Grocery Store

Dulcolax 5 mg (2 tablets)



GlycoLax 255 g or MiraLax 238 g bottle



Gatorade 64 oz bottle (optional)



THE DAY BEFORE YOUR COLONOSCOPY

You may have a light breakfast.

You may have 1 slice of white bread and 4 saltine crackers.

Do not eat cheese or any other dairy products.



1 slice of white bread



4 Saltine crackers

DRINK AS MUCH FLUID AS YOU CAN THROUGHOUT THE DAY.

DO NOT EAT ANY SOLID FOOD AFTER BREAKFAST UNTIL AFTER THE PROCEDURE

Drink **LOTS OF CLEAR LIQUIDS ONLY** throughout the day.

- Clear broth or bouillon, Italian ices, popsicles. **No red color.**
- White cranberry juice, white grape juice, apple juice, Gatorade, lemonade (no pulp), ginger ale.
- Water, coffee, tea, kool-aid, carbonated beverages (sodas)



Avoid milk, milk products, creamers, and juices with pulp such as orange or grapefruit juice.



At 3 p.m. - Take 2 Dulcolax tablets with a glass of clear liquid.



2 tablets

At 5 p.m. - Mix the entire 255 g bottle of GlycoLax (MiraLax) with the 64 oz bottle of Gatorade (or any clear liquid of your choice) in a pitcher. Shake the solution until the GlycoLax is dissolved.



64 oz



5:00 p.m.



5:30 p.m.



6:00 p.m.



6:30 p.m.

You should continue to drink clear liquids until midnight.

STOP DRINKING LIQUIDS AFTER MIDNIGHT EXCEPT FOR THE LAST 4 GLASSES OF THE PREP AS DESCRIBED BELOW.

The morning of your procedure, starting 4-5 hours before your procedure time



Drink each glass every 15 minutes. Do not drink anything after drinking the last glass.

- On the morning of the procedure, only take blood pressure medications. Take these medications as early as possible in the morning with only a sip of water.
- Do not wear contact lenses. Please wear loose fitting clothes and preferably short sleeves.
- If you are diabetic, please do finger stick in the morning of the procedure and call the endoscopy center at 302-678-0725 if it is less than 80 or greater than 240.
- Please call **302-678-0725** if you have any questions on the morning of the procedure.

Have someone pick you up from the endoscopy, as you should not drive on the day of the procedure due to sedation. Also, do not operate any heavy machinery or sign any legal documents after sedation on that day.

Endoscopy Day:	Date:	Time:
Location: Advance Endoscopy Center. 742, South Governors Avenue Ste. #2. (Corner of Dover St. & Governor's Avenue) Park on Dover St. & come in through the Dover St. Entrance.		
Follow Up Day:	Date:	Time: